



SBRC Gym Schedule

September 6th-30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-9:00	Open Gym	Open Gym 6:00-09:00	Open Gym	Open Gym 6:00-12:00				
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30					
7:00am		Open Gym 7:30-8:50		Weight Training 7:30a-8:50a				Open Gym 7:30-8:50	Weight Training 7:30a-8:50a
7:30am									
8:00am	LoHi Bootcamp 8:00-9:00	LoHi Bootcamp 8:00-9:00	LoHi Bootcamp 8:00-9:00	LoHi Bootcamp 8:00-9:00	Open Gym 6:00-12:00	Open Gym 8:00- 9:30	Drop-in Adult Basketball 8:00-11:00		
8:30am	Open Gym 9:00-12:00	Drop-in Total Body Fit 8:50-9:50	Gymnastics 9:00-10:15	Drop-in Total Body Fit 8:50-9:50		Drop-in Womens Volleyball 9:30-12:00		Open	All ages Bball 11:00-12:00
9:00am									
9:30am									
10:00am									
10:30am	Open Gym 9:00-12:00	Cardio Fit 10:15-11:15	Open Gym 9a-12p	Cardio Fit 10:15-11:15	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00		
11:00am									
11:30am									
12:00pm									
12:30pm	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00	Drop-in Sprts Conditioning 12:00-1:00		
1:00pm	Open Gym 1:00-6:00	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:30	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-	All Ages Bball 12:00-5:00	Open Gym 12:00-5:00		
1:30pm									
2:00pm									
2:30pm									
3:00pm	Open Gym 1:00-6:00	All Ages Bball 3:30-5:00	Expand Sports 4:00-5:00	All Ages Bball 3:30-5p	Gymnastics 3:30-5:15	Open Gym 3:30-6:00	Drop-in Badminton 6:00-8:15 over 9/8		
3:30pm									
4:00pm									
4:30pm									
5:00pm	Women's Bball League 6:15- 9:00	Open Gym 5:00- 9:30	Open Gym 5:00p- 9:30p	Drop-in Badminton 6:00-8:15 over 9/8	Drop-in Badminton 5:45-7:45	SBRC Fall Hours: Monday - Thursday 6am - 9:30pm Friday 6am - 8pm Saturday/Sunday 8am - 5pm			
5:30pm									
6:00pm									
6:30pm									
7:00pm	Open Gym 9:00- 9:30								
7:30pm									
8:00pm									
8:30pm									
9:00pm									
9:30pm									
*** 9/7 GYM CLOSED: 6:00PM- 9:30PM Wednesday, OPEN HOUSE *** 9/16 half of the gym closed 10:00-12:00									

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)